

**Increase Your Testicle Size by 30 percent  
in 30 Days or Less**

# **BIG NATURAL TESTICLES**



**<http://bignaturaltesticles.com>**



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## *How to Increase Your Testicle Size By 30% in 30 Days Or Less*



Welcome, and thanks for joining me.

Since this is the very first testicle tip I'm going to share with you...

I'm going to make it a damn good one.

Easy to apply. Not complicated. And powerful if you dig in and do it.

Lets go...

I'm going to start off by telling you a story about a special man...

An old timer who arrived on this planet 100 generations before you came along.

And remember:

This was well before the invention of jacuzzis...

Central heating. Steaming hot showers. Polyester clothing.



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## Modern things....

That heat *Your* testicles up to unnaturally high temperatures every day of the week

And keep in mind...

## Temperature is one of your testicles biggest enemies.

It causes your sperm levels to drop and your fertility to go down.

So you want to keep your testicles cool - almost all the time.

This came naturally to our old timer because he couldn't get heat at the flip of a switch.

## He had to work for it.

And if he fell behind. Or had to go outside to take care of business...

He got cold. And this happened a lot.



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## Question for you:



How often do you get cold?

If you're like most men, not very often, right?

Because walking from your heated car to your heated house doesn't qualify.

If this is the case you've got a huge opportunity sitting in front of you....

Because if you step back into line with nature and allow yourself to get cold every once in a while...

## You're going to get some good things....

Things like more energy. Thermo generated fat loss. And a big testosterone boost...

Because cool testicles produce much more testosterone than hot ones do...

They also produce more sperm.

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The sweet spot is slightly lower than your core body temperature.

**Hit this sweet spot on a regular basis...**

And you'll increase your testosterone production *and* sperm production.

Automatically.

And this will lead to an immediate and noticeable increase in testicle size, weight and volume.

Because more testosterone + more sperm = larger testicles.

And this math works every time.



So I suggest you make this happen in your life.

**Here's how to get it done:**

First, throw all your tight fitting underwear into the trash.



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Then make the switch to 100 percent cotton, loose fitting boxer shorts...

Or nothing at all (my personal choice).

Do this one thing and your cremasteric reflex will kick in every time your testicles get too hot.

This will allow them to drop down away from your body so they can cool down.

Tight under garments prevent this reflex from happening.

Loose fitting underwear, or none at all, allow it to operate normally.

## **Next:**

When you buy clothes select natural fabrics like cotton, silk, and linen...

Because natural fabrics breathe. Allow air to circulate...

This will reduce the average temperature of your testicles as you go about your day.

Next, take all artificial fabrics that trap heat off your shopping list...

Polyester should be the first to go.

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And keep the pajama rule in mind when you shop:



Your new clothes need to be loose and comfortable...

With plenty of room in the crotch area so your boys aren't wrapped up in a noose.

This way they'll have plenty of room to drop and cool down when they get too warm.

**Next:**

You can still take hot showers. But the fun needs to end on a cold note...

Because you don't want to slink out of your morning sauna feeling like you need to go back to bed.

You want to be active. Energetic. Motivated...

And trust me, if you turn the temp down...

Your lowered body temperature and cool testicles will definitely take you to this place.



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**Every single morning you to do it.**

If you can't tolerate a cold finish - keep a cup in the shower and dip your testicles in cool water just before you get out.

You'll get quite a bit of mileage out this technique, so you should do this, at bare minimum.

**Now lets talk about our final testicle cooling strategy:**

We all have to go out into the modern world. And do unnatural things...

So sometimes unnatural sources of heat can't be avoided...

But you can minimize the damage.

**My tool of choice for this is a soft cold compress...**

An ice pack that feels more like a pillow than an ice pack.



I keep several of these in stock and I use them frequently...

I'm not a fanatic. But I do pull them out when my package heats up...

And so should you.



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Just place it on the outside of your clothing for a few minutes.

What you're looking for is a slight drop in temp, because cool is the goal here, not frigid.

So outside the clothes is best.

**Here's one final suggestion for you before I go:**

Drop the temp in your work environment by a few degrees over the next day or two.

Then pay attention to how much more you get done.

You'll be surprised.

Do the same at home, then watch as thermogenesis kicks in and your waist line begins to shrink...

**And your activity levels begin to go up...**

Once these things happen, you can be confident that you've created the perfect environment for your testicles.

You've cooled things down a degree or so, which is all it takes.

So now they will begin to do exactly what they were designed to do...



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Manufacture male hormones. Create sperm. Fuel masculinity.

**So get going on these things before I send you my next tip.**

It will hit your inbox in about 48 hours....

Keep your eyes peeled for the email subject line:

Naturally Hefty: Tip #2

If it doesn't arrive, check your junk folder.

Talk to you soon...

Mark

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